

## ABSTRACT

An exercise bench and dumbbell combination includes a base having a bench member for supporting users, a shelf supported on the base, and a dumbbell device supported on the shelf and arranged  
5 to be easily obtained or fetched by the users. The shelf is preferably rotatably secured on the base with a pivot rod, to allow the shelf and the dumbbell device to be rotated relative to the base to any suitable positions. The dumbbell device includes a number of weights to be selectively secured or coupled to the handgrip. A cushion may be  
10 adjustably attached the base with an arm to suitably support the users.